



YPSI MIX

August 2018

August Events:

312 N. River Street, Ypsilanti, MI 48198

**Tuesday August 14th
@6:30pm
Board of Directors Meeting
Members are welcome to
attend- Join us!**

**Saturday August 18th
Ypsi Fest Gala
Get your tickets soon!**

**August 18-19th
DIYpsi Summer Festival
Handmade art fair in the
business district**

**August 24, 25, 26th
Ypsi Fest (Heritage)
Music, History, Art and Food
you DO NOT want to miss!**

**August 30th @ 6 pm
Member Orientation
Come learn more about your
membership and the YFC!**



It is almost time for the best local festival Ypsilanti has to offer! Formerly known as the Ypsilanti Heritage Festival, celebrate our past, present and our future with your friends and neighbors at Ypsi Fest. There is something for everyone – especially the kids. This year is set to have a light parade, movie night and even balloon rides! To learn more about the current list of events and vendors click the link [HERE](#). We would love your help at the Food Co-op's booth in the park, selling healthy food options at the festival and letting the community know more about us. You can sign up in the store!

Lettuce– Packaged or Fresh?

Today you can go to any grocery store and buy lettuce at any time of day all year round. But imagine box cars of lettuce trying to journey from California to Michigan in the 1900s. The heat would turn the delicious salad greens to sludge. With much trial and error, it was eventually found that a particular head type of lettuce could withstand being packed in frozen water and held for 21 to 26 days, and it only took 14 days to make it from California to Chicago. When did this discovery occur and what lettuce made the cut? Well it was the 1920s and the lettuce was America's favorite, Iceberg!

It was the first fresh produce to be available all year, and if you could afford it, you ate salad every day! As a kid I was one of those lettuce lovers and enjoyed a fresh salad with French dressing before dinner almost every night. As a culture, American preferences have shifted. Per capita sales of fresh iceberg lettuce have fallen by half over the past 25 years,

but there has been a boom in bagged greens and salad kits, sales of which are [projected](#) to reach \$7 billion a year. According to the Nielsen Perishables Group, which tracks such things, Americans bought twice as many bags of packaged salads as heads of lettuce last year. And over the past five years, sales of bagged lettuce have been increasing by 6.5 percent every year. Sales of intact lettuce heads have remained flat. Now, if you're like us, you may have some hesitation about grab-and-go salads. Do bagged greens lose freshness? Are they less nutritious or less safe? Or are these suspicions simply the result of old-fashioned prejudice? Here are some answers:



YFC Social Media:



History of Lettuce (continued)

Safety: Though you may remember food-borne illness outbreaks linked to bagged greens, the risk is actually quite low, and apparently no higher than from traditional wash-at-home lettuce heads. Food safety expert Trevor Suslow, from the University of California, Davis, told us that "detectable contamination in both whole head lettuce and mixed salad greens categories are very very low, typically less than 0.1% positives [for pathogen detection],"

Freshness: it's fair to say that chopping and shredding can lead to browning and wilting. But large producers — such as Taylor Farms and Earthbound Farms — process and ship their products to retail grocery chains and food service outlets with pretty impressive efficiency. The bagged greens also benefit from a crucial technological innovation, called "modified atmosphere packaging." Essentially, the plastic packaging is engineered in such a way that it "breathes" but also maintains an atmosphere inside the package that will mini-

mize browning and spoilage. Typically, that means a lower level of oxygen, and more carbon dioxide, than the natural atmosphere.

Nutrition: opinions are easier to come by than facts. Intuitively, it seems there must be *something* lost in an industrial-scale packaging facility. But one published study concluded that bagged, fresh-cut spinach in those modified-atmosphere packages maintained much of its nutrients, including concentrations of vitamin C, beneficial compounds known as flavonoids, vitamins A and K.

Here is the real kicker: the convenience and availability of bagged salad kits has nudged Americans to consume more greens! So, the choice is yours! Fresh or bagged, in this continuously changing food system, here at the Ypsilanti Food Co-op, rest assured that we will always offer you produce grown as close to our community as possible, and often by farmers using holistic and organic processes.

Co-op Supper Club

Last month some of our employees got together to enjoy a meal at a hot new restaurant in downtown Ypsilanti, Dolores. We enjoyed some cauliflower tacos, mushroom quesadillas, fish tacos and some awesome cocktails. We also ordered food from Dolores as take-out to be enjoyed at home and we were especially excited to see their use of green/compostable materials packaging for the carry outs. A must try for local foodies! It is so important to support local businesses and keeping resources within our community is the simplest and most effective way to strengthen our local economy. Plus, with food that great no one has to twist my arm to eat out locally!



BEST OF WASHTENAW AWARDS CEREMONY

With your votes we were able to take home this title in the June edition of Best of Washtenaw of [Current Magazine](#). The awards ceremony was held at the Freighthouse where we dined on some delicious tacos from Maiz! In case you missed the awards ceremony check out all the winners at the link [here](#).

General Manager

Corinne Sikorski

Corinne@ypsifoodcoop.org

Editor:

Sarah Dettloff

Sarah@ypsifoodcoop.org

Special Thanks to:

Our Board, staff, volunteers and members!